

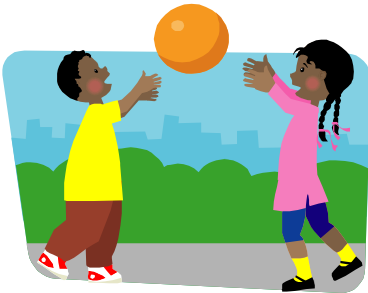
## NEWSLETTER ISSUE 18 June 2012

### Sligo Play Day 2012

Doorly Park  
1<sup>st</sup> July 2-5pm

This event is being held as part of National Play Day 2012. The key aims of this event are to promote traditional play and activities and to give all children the opportunity to take part. It has been organised by Sligo County Council, Sligo Borough Council, Sligo County Child-care Committee and Sligo Sports Recreation Partnership. STSG will also be involved in this event.

All Welcome



Congratulations to Hughie and Sharon on the birth of their baby girl who was born on the 22nd May in Sligo General Hospital. Everyone at STSG wishes them well.

### STSG/Crib Youth Project

Lisa & Cliona are still working very close with the Crib on a weekly basis. Each week we bring young girls to the Crib. While they are there they will work closely with staff and each week there is always something new to bring to the table. To give an example of what work has been done to date;

- Cooking
- Team building
- Personal Development etc

We would like to thank the staff at the Crib for being so helpful and really making the girls feel comfortable and work very well together. We look forward to working with them long term.

### Be Sun Smart this Summer

Summer's here again the sun is everywhere. Remember, even when you can't see it its still there. It is very important to be sun smart to avoid sun burn and other damage the sun can cause. Please use this sun smart code for the summer;



- Seek shade.
- Slip on a T-shirt.
- Slap on a hat.
- Slop on sunscreen with SPF 15+ & UVA protection.
- Wrap on sunglasses.
- Avoid peak sun rays 11am-3pm daily.

### Water Safety

#### In the Pool:

- Be careful not to dive into shallow water.
- Check to see how deep the pool is before getting in.
- Watch out for younger children at all times.
- Obey all pool rules such as no running, no diving and no horseplay.
- An adult should always supervise playtime in the pool.
- Remember to check for other swimmers before entering the water.



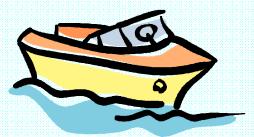
#### At the Beach:

- Swim with others, never alone.
- Don't swim just after eating.
- Don't swim out to sea, swim parallel and close to the shore.
- Never swim in the dark or when you are hot or tired.
- Obey lifeguards and swim between the Life-guard flags.



#### Using a Boat:

- Always wear a life jacket and ask how to secure and inflate it.
- Don't drink alcohol before going in the water or on any boat.
- Never participate in water sports unless you have received training.
- If equipment on offer looks worn, don't use it.



## Safe Play

### Supervise

Your child needs constant supervision when they are playing outdoors. Supervision is especially important if your child is playing outside in an area with a high traffic volume or if you are using an inflatable pool.

### Provide a safe environment

Make sure the area in which your child is playing is safe.

### Watch for hazards

Your child is at risk of getting injured outside, it's important you watch for safety hazards. Don't let them put pebbles or other small objects into her mouth. If you live near a water area make sure the area is fenced off and your child can't get near the water by themselves.

### Equipment Safety

Make sure that any equipment that you may set up for your children to play with is built according to the manufactures guidelines and is securely anchored.

### Sunscreen

Follow the Sun smart code already mentioned within the newsletter.

## Website

Rosie and Katie are currently updating our website and adding new content and photos. You will find lots of information about our organisation on our site, as well as news, photos of events, and all of our past STSG Newsletters.

Go to [www.stsg.ie](http://www.stsg.ie) to see what we have been up to recently.

## Aerobics

18 ladies from the local Traveller community are taking part in a six week aerobics programme organised by STSG. This programme was offered free of charge to those who had their cholesterol, diabetes and blood pressure screening conducted. We are encouraging all members of the travelling community to have this done. Please contact the office here for a form, or if you have any enquiries, please feel free to contact a member of our staff.



## New Student on Placement

We now have a new student on placement here at STSG. Katie is studying Office Administration and will be with us until July. She is currently working with Rosie on updating our website and producing our newsletter. She is a hard worker and we are glad to have her here.

## Parents !!!

If you have any children that are transferring from pre-school to primary school or from primary school to secondary school, call in to STSG and asked to speak to Joan Mulvaney, the Education Support Worker here at STSG, for free



## Prison Programme

Martin Mongan, our men's worker here at STSG, is working with the men at Loughan House Prison on building a barrel top wagon. This project is ongoing and they are making great progress with the wagon.



## Domestic Violence Advocacy Service

[www.domesticviolence.ie](http://www.domesticviolence.ie)



## Abuse includes financial control

Free Confidential Support 07191 41515

