

NEWSLETTER ISSUE 19 August 2012

Sligo National Play Day 2012

We took part in the play day in Doorly Park on Sunday 1st July 2012 it was a huge success there was lots of activities' for the children to do. They also had farm yard in your school yard which was a great success with the young ones

The main feature for us was our wagon which was on display and the children could get pictures took if they wanted



Walking programme



We are hoping to hold a four week walking programme starting in September. This programme will involve meeting here in STSG, going for a 30 - 45 minute walk around the beautiful Doorly Park and back to STSG for a wee cuppa and a chat. As always to take part in the programme we are encouraging those taking part to have their screenings conducted, forms can be obtained from the Community Health Workers. The programme like all our programmes promises to be good fun and a great way of meeting everyone!!

Heart Roadshow September 2012

STSG in conjunction with the Irish Heart Foundation is hosting free blood pressure road show here in Sligo on 6th September 2012. Come along and have a free blood pressure check with a nurse. The Community Health Workers will be promoting this on family visits For more info contact the office 07191-45780

Peace3 Programme Coming soon



European Union
European Regional
Development Fund
Investing in your future

We have a peace3 programme starting soon here at STSG the programme will commence in the next few weeks the programme will include

- Cross boarder trips to and from Northern Ireland
- School talks through out the county
- Meeting with Traveller organisations in Northern Ireland

We will keep you updated on this programme through family Visits and telephone calls

Fire safety

Fact

Over 1,000 people every year attend casualty units with burns and scald related injuries

Here are some fire safety equipment tips for you for your home

There is four types of Fire extinguisher's and they all range in different prices the lowest on is €23.99 to €60.00 -

1. Foam
2. Water
3. CO2
4. Powder



Fire blankets is also a source of fire protection and they range in price from € 25.00-€ 50.00



RELOCATION OF HOMEWORK CLUB SEPTEMBER 2012

The homework club has now moved to its new location at the following address: 2A St Annes, Cranmore Road just beside our own offices

Our new opening hours will be from 2.30pm – 4.45pm Monday – Friday for primary school children, 4.45pm -7pm for secondary school children

We hope that all children will avail of this very beneficial service in our newly refurbished premises.

Youth Programme

Unfortunately due to the weather our planned outdoor youth programme was unable to take place. We are hoping to hold an indoor programme for all young people in August; the Community Health Workers will keep you updated!! If the weather does pick up we will reschedule our outdoor programme.



Screening

At the moment we are encouraging all members of our community to have their blood pressure, cholesterol and diabetes screenings done with their GP. Forms can be obtained here in STSG. We are also encouraging women to ensure that they are registered on the cervical and breast screening programmes. The Community Health Workers will discuss this and assisted you in any way while on family visits.

As always if you require any information or assistance please do not hesitate to contact the Primary Healthcare Team here in STSG on 071 9145780.

ARE YOU INTERESTED IN FINDING A JOB OR STARTING UP YOUR OWN BUSINESS?

WE CAN HELP YOU!!

Claire Mowlds is the Enterprise Travellers Job Coach, who can work with you on a one to one basis to discuss all your options regarding business ideas, employment or training to help you towards finding work.

Contact Details:

If you are interested and would like more information about any of the above services you can contact

Claire on:
Mobile: 087 9970132
Office: 071-9145780

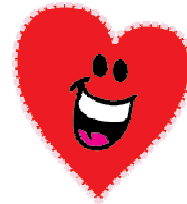
**Sligo Traveller Support Group
AGM
Thursday 9th August 2012
Development centre
Cleveragh Road Sligo
11.30am
All Welcome**

The heart Chart

It is shocking to think that almost 6 out of 10 people know heart attack symptoms but when it comes to getting help, only half of these will arrive by ambulance. Every minute lost or delayed in getting treatment increases damage to the heart muscle and may even result in death. The good news is that when caught in time, there are good treatments available for heart attack. Survival rates can be improved by as much as 50% if patients access treatment within one hour of symptom onset.

Know the symptoms of a heart attack

- Chest pain
- Upper body pain in the neck, jaw, back or arms
- Shortness of breath
- Sweating
- Nausea
- Light-headedness
- Loss of consciousness
- Weakness
- Tiredness



Take positive steps to prevent a heart attack

Be active

Get out and do something that raises your pulse for at least half an hour, five days every week. You don't have to run ten miles at Olympic pace, a brisk walk or easy jog will do the job, as long as it's regular.

Eat well

Step away, at least most of the time, from the pizza and chips. Up the intake of fruit and vegetables and try to include some grains, like rice, in your diet. Fish is brilliant. Eat it twice a week – there are really tasty, and easy to prepare, fresh and frozen fish (without batter) available in all supermarkets these days.

Watch the weight

Be aware of your healthy range and try to stay within it.

Cut out the fags

After one year of quitting the risk of sudden death from heart attack is cut almost in half.

Easy on the booze

Try not to binge and keep under 21 standard drinks a week, the recommended maximum amount for men.

De-stress

Take time for yourself, your family and your friends.

Get to know your GP

Have your GP regularly check your blood pressure and cholesterol. Don't wait 'til it's too late!

Know your family history

Have your parents or close relatives had heart problems?

Domestic Violence Advocacy Service
www.domesticviolence.ie

Abuse includes jealousy & possessiveness
Free Confidential Support 07191 41515

DVIAS
071 914 515

CoSC