

# Sligo Traveller Support Group Ltd

Keeping the communities and agencies of Sligo in touch with the work of the Sligo Traveller Support Group

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## NEWSLETTER ISSUE 15 December 2011



MERRY CHRISTMAS



### Merry Christmas

The Board of Directors/ Management and staff of STSG would like to wish you all a Merry Christmas and a peaceful new year



### Safety in the home

- Do not overload sockets or plugs
- Do not leave Christmas Tree lights on all night
- Never use indoor lights outside
- Never leave Christmas candles unattended .
- Make sure smoke alarm is working
- Make sure wrapping paper is well away from open fires or heaters
- Never smoke going to bed and make sure cigarettes are put out in ash tray



- Make sure you have a fire blanket near and handy

Thanks to the Fire services in Sligo for giving us this information

### Congratulations

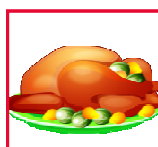
We here at Stsg would like to wish Kathleen Ward and Pat Stokes who got married on the 22nd November in the Cathedral Church in Sligo

We wish them both the best in the future



### 4 tips for a perfect Turkey

- If your turkey is frozen allow 3 days for it to defrost properly
- Cooking time allow 20 Mins per pound for your turkey to cook
- Make sure there is no pink meat in the turkey
- Make sure that juice runs clear from the Centre of the turkey



### Christmas Jokes

Q What never eats at Christmas  
A The Turkey its usually stuffed

Q what do you get when you cross a snowman with a vampire  
A Frostbite

Q why does Santa's sled get such good mileage  
A because it has long distance runners on each side

Q what do you call a cat on the beach at Christmas  
A sandy Claus!

Q what does frosty like to put on his ice burgers  
A Chilly Sauce

### Indirect Dyslexia Learning

Provides one to one tuition for reading, writing, spelling through a multi-sensory computer aided system

The programme is a confidential services between the student and the tutor. The programme can be delivered here at STSG or where the student is comfortable

Please contact the office or the tutor for more details

Joan Mulvaney-086-1085684  
Bernadette Maughan -087-6229052



Merry Christmas To All

### Designated Driver

Going for drink at Christmas than leave the car and keys at home or with the designated driver. Don't drink and drive



### Christmas party

Hello to all you boys and girls I will be Dropping in to the north side Community Centre in Sligo on the 15th December I will have lots of presents and you can have your pictures taken with me.

There will be some tea and coffee  
For mums and dads HO HO HO

Merry Christmas  
Everyone see you on 15th December



### Cervical Screening Programme 2012

The cervical screening will programme will continue 2012

Please contact the PHC team for more information regarding this programme

### First Time Mums

Here at STSG we have a range of leaflets for first time mums taking you through the stages of pregnancy  
Feel free to call or drop in to our office for these leaflets



### HPV Vaccination

The PHC team at STSG is trying to promote the HPV vaccination to all girls in secondary school.

This vaccination is free the girls will receive a consent form from the school to have this vaccination.

There is three injections to be giving through out the school year

The vaccination is very good and could save your Childs life in the future



### Christmas is a time to remember your older people

Christmas is a time for caring for one another

Why not take the time to visit the older people that live near you.

Five minutes is all it will take to put a smile on someone's face its better than any present at Christmas

Go on be a good friend this Christmas, fill someone or someone's with Christmas spirit by sharing yours with them



### Wider Office Space

Just to let you know that Early in the new year we are hoping to get wider office space by moving some of our staff next door.

We are hoping that the new offices will provide a permanent space for group activities for young boys and girls, in addition to a counselling room and mediation room space

We will let you all know when the move is about to happen



# Domestic Violence Advocacy Service

www.domesticviolence.ie



## Abuse includes financial control

Free Confidential Support 07191 41515

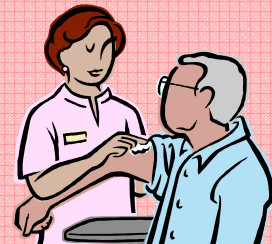


### Domestic violence is not just about being hit!!!!!!

If you are being abuse or know anyone who is there is free confidential support out there to help you and your family  
Remember this is not your fault

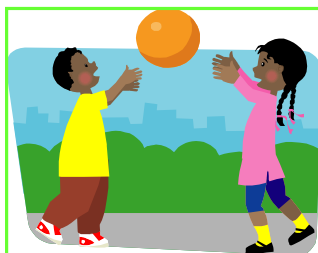
### Flu Vaccination

- Everyone should try and keep warm this Christmas
- Please make sure you have a fire guard around fire at all times
- At this time of year this is lots of flu going around so it's a good time of year to have the flu vaccination
- The vaccination is done by your GP or Pharmacist



### A big thank you to all

We would like to thank all the children who participated in the youth activities' all through the year and look forward to working with you all in the new year



### STSG Christmas Opening Hours

The office will be closed from 1pm on the 22nd December 2011,  
And all staff will return to work on the 3rd January 2012 from 9.30 am to 5.30 pm .

If in the case of an emergency you need to contact the staff please do by calling STSG's manager on 087 6229052,