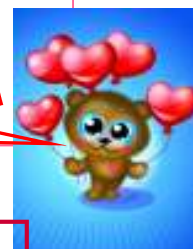
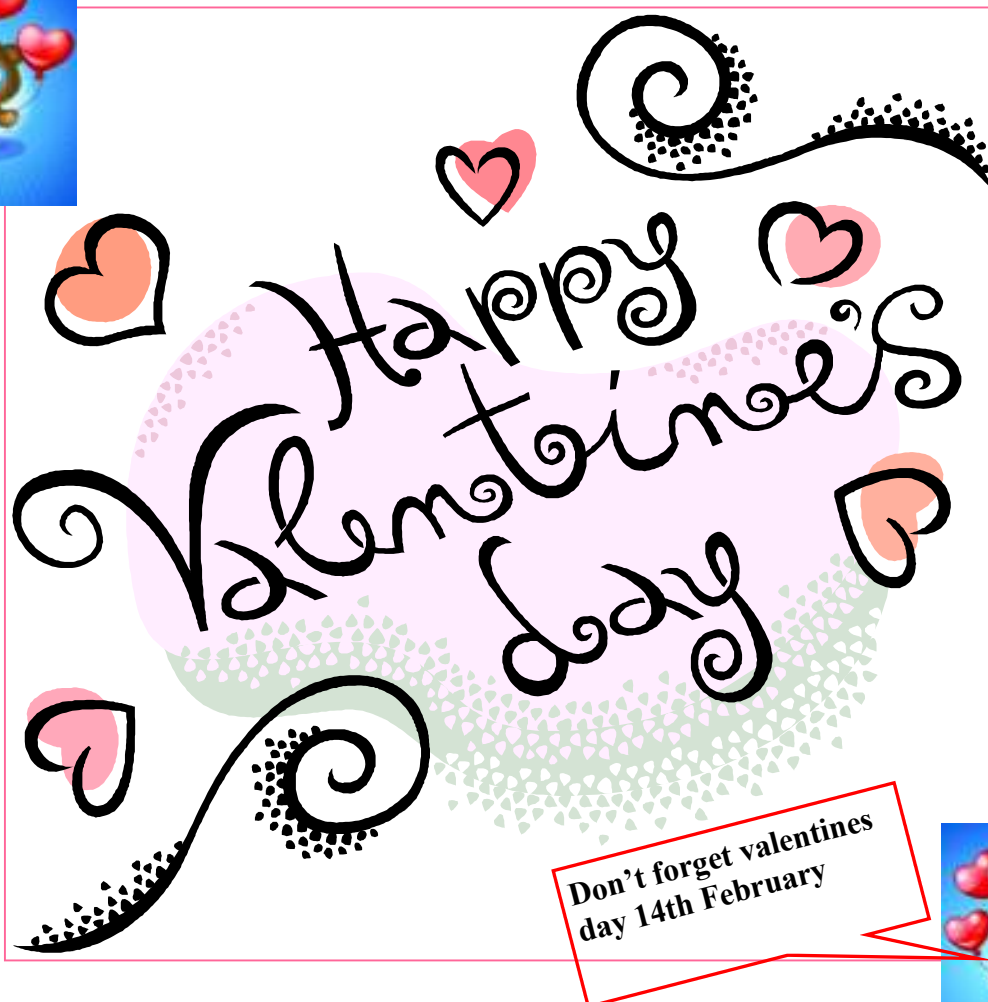


Keeping the communities and agencies of Sligo in touch with the work of the Sligo Traveller Support Group

1a St Anne's, Cranmore Road, Sligo.
Tel 071 9145780,
Email: stsg@eircom.net

NEWSLETTER ISSUE 16 February 2012



Pearl of wisdom week

Pearl of Wisdom week was from the 22nd-28th January this was a promotional week for women to have their cervical check done



LEAP YEAR

This year is a leap year which means women can propose to men. A leap year is a year containing one extra day in February. This occurs every 4 years. They are needed to keep our calendars in order with the earth's movement around the sun.

Work Placement Student

My name is Rachel Creighton and as part of my Social Studies course in IT Sligo I will be working here at the Travellers support group for 13 weeks. I choose to work with the Travelling community as I am interested to learn about their culture and traditions and I also want to gain a better insight into the type of prejudicial & discriminatory behaviours they experience. During my placement I will be working alongside the other staff and helping out and observing the work which they do to help the Travelling community. I will also be going on family visits and attending meetings which I am very excited about.

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



Cervical Screening Programme 2012

The cervical screening will programme will continue 2012

Please contact the PHC team if you'd like us to check if you are registered with the cervical screening programme. We the PHC team will get the information for you immediately and also register you for an appointment if you don't have one



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



Sympathy

Our sincere sympathy to the families of Nan Ward and Maggie Sweeny who recently passed away. The two families are in our Prayers

May They Rest In Peace



Health Sessions

The primary health care team will be doing health session in the BTEI on topics they relevant to cover. For more details please contact a member of the team on 071-9145780 for more information

Diabetes

Diabetes is very common now. We seem to hear a lot about it nowadays, its is now very common in young children as well as adults, listed below is the symptoms of Diabetes

Symptoms

High blood sugar levels can cause several symptoms, including:

- Blurry vision
- Excess thirst
- Fatigue**
- Frequent urination
- Hunger
- Weight loss

Because type 2 diabetes develops slowly, some people with high blood sugar have no symptoms

Symptoms of type 1 diabetes develop over a short period of time. People may be very sick by the time they are diagnosed

If you or some one you know is presenting with any of the above symptoms please don't delay and call to your Doctor, where he will provide a test for you ASAP

REMEMBER ITS NOT ONLY ADULTS THIS HAPPENS TO

Family visits

Our family visits are still on going these happen on a Tuesday and Thursday the Primary Health Care team will contact you for an appointment or you can contact us with availability on 071-9145780



Congratulations

To Paddy and Tina ward on the birth of their daughter.



Youth Programmes 2012

- Soccer
- Irish dancing
- Health hygiene
- Hip hop
- Boxing fitness
- Swimming classes
- Equestrian skills
- Intercultural day
- Summer day
- Joint programmes with the youth clubs in Sligo

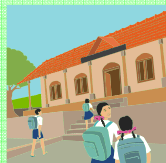
We will continuing with our youth programmes through out 2012

We will be holding summer days for the children as well

Please contact Cliona or Lisa for more information regarding this

Enrolment for Secondary School

Hello everybody , its that time of Year again when your child needs to be enrolled for secondary school. Please note that if your child is not enrolled he/she could miss out on a place. It's the responsibility of the parent to ensure the child or children is enrolled to whatever school you as the parent prefer your child/children to be enrolled in
Please contact Rosie Maughan Community Health Worker regarding enrolment for your child



Domestic Violence Advocacy Service

www.domesticviolence.ie



Abuse includes isolation

Free Confidential Support 07191 41515



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

Are you are anyone you know a victim of abuse if so there is help out there for and your family
This services is free and confidential

Education

Everyone knows how important education is to children so why let them miss out?

Please remember every day your child misses out a day in school they fall very far behind in work and cannot make the progress they need and they miss out on help from their teachers.

It is important to attend your child's Parent Teacher meeting which you will be notified of.

If you cannot attend, ask an older family member to attend in your place.

If you cannot attend the first appointment, you can arrange a second one. Just call into the school.

Contact Rosie at STSG for more information regarding this



To all you Women out there off all Ages

It is very important that women aged 50-64 know that there is a free breast screening service.

It will only take a few minutes of your time and could save your life.

If you find a lump go straight to your doctor you will not be turned away

The PHC team here at STSG have leaflets on breast check and on other health issues so feel free to call to the office and we will find the time to go through the leaflets with you.

We are here to help.



STSG Office opening hours

Monday—Friday 9.30am –5.00pm
Contact Number 071-91-45780