

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 17 April 2012



Happy Easter

Hello everyone, we would like to take this opportunity to wish all our readers a very happy and holy Easter

This is our 18th issue of the newsletter. In this newsletter you will find information of our upcoming events and activities being ran for the summer.



### **Christina Mc Mahon – New Primary Healthcare coordinator**

Hi everyone, my name is Christina. I am delighted to join the team here in STSG as the primary healthcare co-ordinator. Previous to my role here I worked in Dublin and Monaghan. Part of my job in STSG involves setting up health awareness programmes; I look forward to meeting you all at some of the planned events. I am based in the STSG office and if you have any suggestions or comments about what we offer feel free to pop in or contact me at any time. I look forward to working with the primary healthcare team and yourself in the future!

### **Cancer awareness event:**

As we know cancer is becoming more common and we need to become more aware of the signs and symptoms to look out for. As summer is fast approaching we are hosting an interesting sun smart (being sun safe) and sun bed usage event in the Northside Community Centre on April 17<sup>th</sup> at 11am. Everyone Welcome!



### **Zumba Classes**

We are also currently organising another physical activity programme, either Zumba or keep fit this programme will be free to all ladies who go to their doctor and have their blood pressure, cholesterol and diabetes checked. The girls will have more information on family visits.



### **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



### **Physical activity programmes:**

Walking programme – we are organising a walking programme, it will be great fun! We will meet at STSG, walk around 2 km at back to STSG for a wee cuppa and a chat – great way to catch up with everyone!! Prizes will be given at the end. Fun guaranteed!!! First walk planned for 16th May. Everyone Welcome!



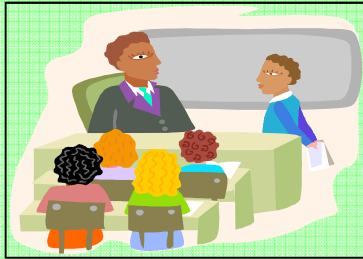
### **Family visits**

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



### Primary or Secondary School enquiry

Parents are welcome to call to speak to Joan here in STSG Regarding your Childs educational needs. Appointments can be made by contacting the STSG Office



### 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 be continuing with our youth programmes through out 2012

We will also be holding summer days for children.

Please contact Cliona or Lisa for more information regarding this

### Prison Programme

All is going well in the prison programme the men are now in the process of building a barrel top wagon model this is currently happening in Loughan House prison with our men's worker for STSG Martin Mongan



### Obesity Session in Northside 2012

We held a very successful awareness day on 29th March 2012 at the Northside Community Centre we had a great attendance on the day and the event was conducted by firstly Jackie Connor dietician with the HSE and then Rachel Mescal Fitzpatrick who works with food dudes the day focused on healthy eating and obesity in young children and how it can carry on to adult hood



↑ Jackie Conner HSE



↑ Rachel Mescal Fitzpatrick

### STSG AGM

Sligo Traveller Support Groups AGM will be held in the partnership offices on Wednesday May 2nd at 11.30am  
All are welcome to attend

### Congrats it's a girl

Congratulations to Hughie and Una McGinley on the birth of their new daughter Baby Bunnie





**Domestic Violence Advocacy Service**  
**www.domesticviolence.ie**

**HE NEVER HITS ME**      **SO WHY AM I SO SCARED**      **I WISH I'D SOMEONE TO TALK TO**

**Abuse Includes Instilling fear**  
**Free Confidential Support 071 9141515**

**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  
 Feel free to contact DVAS support on 071-9141515 or STSG on 071-9145780 for support and help

**National Volunteering Week (NVW)**

We're very excited to announce that Volunteer Ireland will be co-ordinating Ireland's first National Volunteering Week (NVW) from May 14th – May 20th 2012. Following five successful years of Volunteer Ireland's National Day of Volunteering, we are expanding our campaign to seven days, making it easier for volunteers, organisations and companies to get involved in this year's campaign!

National Volunteering Week is the one week of the year when we encourage everyone in Ireland to give volunteering a try, so that everyone can learn that – even if it's only for a minute, an hour, or a day – volunteering can make a big difference and be a lot of fun. This May, hundreds of hands on volunteering projects will take place across the country during National Volunteering Week. Our flagship project for this year is a National Inland Waterways Clean up! Local flagship clean up events will be held all over Ireland.

**Obesity Fact Sheet**  
 According to the Irish Heart Foundation

**Obesity** is defined as a disease in which excess body fat has accumulated to an extent that health is adversely affected. Body Mass Index (BMI) and waist circumference are used to assess a person's weight.

**Causes of obesity**

- Obesity occurs when there is an imbalance between energy intake (food) and energy output (activity).
- The overwhelming influences of obesity in 99% of the population are environmental and include marketing, advertising, increasing portion sizes, accessibility and availability of foods and facilities, increased automation and increased car use among other factors.

Obesity is linked to high blood pressure, high cholesterol, diabetes and increased blood clotting tendency. In Ireland two out of five adults are overweight, one in ten 5-12 year olds are obese and one in five teenagers is overweight or obese.