

Sligo Traveller Support Group Ltd

WELCOME

WELCOME TO THE FOURTH ISSUE OF THE SLIGO TRAVELLER SUPPORT GROUP LTD (STSG) NEWSLETTER

A publication which the Group hopes to produce every 3 months as a means of keeping the community in touch with the work of the Sligo Traveller Support Group Ltd.

Issue 4, March 2009



Happy St Patrick's Day for the 17th March to everyone



FETAC CERTIFICATES AWARDED TO TRAVELLER WOMEN

We would like to take this opportunity to congratulate all those who received FETAC Awards in January. A total of 30 people from the Travelling Community were awarded Level 3 and 4 Certificates.

The ceremony was held in the Northside Community Centre on 28th January. Thanks to all those who attended and made it a success. Again congrats to all of you and best wishes for the future. For those of you who could not attend, we posted out or hand-delivered your Certificates to you. Keep your Certificates safely for your future use.



Bernadette Maughan, Manager of STSG with Primary Health Care participants who received their FETAC Awards. Ellie Ward, Cliona Ward, Sabrina Ward, Kathleen Stokes, Fergie Maughan, Ellie Ward, Rosie Ward



Members of STSG Board of Management and staff including Valerie Somers, Administrator (3rd from right in back row).

Health Session!!

The Primary Health Care Team delivered a health session for women on 19th February. This session was held in the Northside Community Centre. We would like to thank the lady from a Department store in Sligo and Floraidh Dunn, Public Health Nurse (PHN), who provided information and helped in making the day a success. The winner of the raffle held was Mary McGinley. Congratulations Mary!!



*STSG Community Health Workers
Kathleen Stokes, Kelley McGinley and
Rosie Maughan*



Mary McGinley with her prize



Public Health Nurse Floraidh Dunn

During the session participants learned about the importance of having a proper fitting bra. Floraidh Dunn, the primary health care nurse, also gave a talk on the importance of having your breast checked.

One of the participants said *"I Learned a lot, I was comfortable and we had fun. I'll tell others to come to the next session"*.

LEARNING ABOUT GALACTOSAEMIA - TEMPLE STREET HOSPITAL VISIT

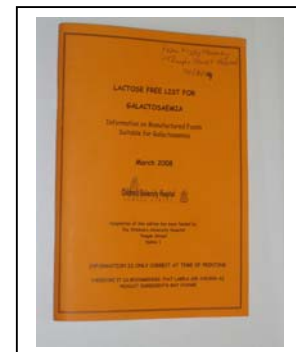
As part of the Primary Health Care team's work, the Community Health Workers made their way to Temple Street Hospital in Dublin for training about Galactosaemia, which is common among the Travelling Community. If you would like to know about Galactosaemia, please talk with Kelley or Rosie here in STSG.



Above: Community Health Workers Rosie Maughan and Kelley McGinley checking foods that are suitable for people with Galactosaemia.



Above: Barbara Fleming of Temple Street Hospital Metabolic Unit with a display of some of the foods for people with Galactosaemia.



Above: Lactose free list for Galactosaemia. This is produced by Barbara Fleming in photo to left.



A Booklet for first time Mum's is in the making. This booklet will have information on all issues regarding Mum's to be and baby. To know more contact Community Health Worker Kathleen Stokes on 071 91 54409.

The STSG PHC team met recently with the Sligo General Hospital Maternity Services team to discuss the Baby Booklet that STSG is developing.

The Maternity Services team is enthusiastic and keen to input into the Baby Booklet and to work with us in providing information in culturally appropriate ways for new Traveller Mums.



Pictured L→R are Floraidh Dunn, Public Health Nurse, Catriona Moriarty, Antenatal Co-ordinator, Kathleen Stokes, STSG Community Health Worker, Therese Gallagher, Clinical Midwife Manager, Rosie Maughan, STSG Community Health Worker

Prison link programme

We have established links with the Prison Service and are about to start a programme in Loughan House Prison in Co. Cavan.

This programme will incorporate an art programme as well as providing a support network for those leaving prison in finding accommodation. We have contact with Social Welfare and other relevant agencies, eg FÁS re employment, HSE re Medical Card.

We offer them an open door to come in for a chat, to relax and have tea and coffee. We also have a support link for families.

For further details contact the Development Worker at STSG on 071 91 54409.

St Enda's Homework Club

Available from 2.45pm to 3.45pm
Monday – Thursday.

This service is available to school-aged children to get help and support with their homework.

For more information contact who Kelley at STSG 071 91 54409

Boxing Clubs



Two Boxing Clubs are currently open in Sligo:

1. in Gurteen
2. Innisfree Boxing Club

Both Clubs are Traveller run and co-ordinated as in all are Traveller coaches. There are over 30 young men participating three nights a week.

These Clubs are supported by STSG via funding applications. Funding was secured from North Western Regional Drug Task Force (NWRDTF) under small grants last year.

In Gurteen there is one All Ireland Champion in 2008 and 4 All-Ireland Runners Up in 2008. There are lots of Connacht Champions also.

Innisfree Boxing Club is not long open but we expect lots of champions there too.

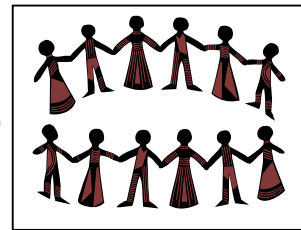
For further information contact STSG on 071 91 54409.



Joan Mulvaney, 2nd year IT student in Applied Social Studies is on a 3-month placement in the STSG office. Joan works with the Manager and Community Health Workers. She said about her placement *“working here is great. The knowledge and experience I am gaining will stay with me in my future”*.

Upcoming Events

- **WOMEN'S INTERNATIONAL DAY LUNCH**
Friday, 6th March, 12.30pm to 2.00pm.
Venue: Northside Community Centre
€10 entry. All women in the North West are invited to come and celebrate!!
- **WOMEN'S HEALTH SESSION ON SKIN CARE**,
Tuesday 14th April, 11.00am – 1.00pm.
Organised by STSG Community Health Workers.
Venue: Northside Community Centre
There will be some Goody bags!!
We are hoping for a huge turnout



Important announcement!!

WE WOULD LIKE TO THANK ALL FOR ATTENDING THE HEALTH SESSION IN FEBRUARY. WE KNOW FROM THE COMMENTS THAT YOU ALL ENJOYED IT.

IT IS OF HUGE IMPORTANCE FOR EVERYONE TO COME TO THESE SESSIONS AS THEY WILL BENEFIT ALL TRAVELLERS IN CO SLIGO.

FOR MORE INFORMATION ON ANY OF THE SESSIONS THAT WE ARE HAVING PLEASE CONTACT US HERE AT STSG.

WE WILL BE MORE THAN HAPPY TO ANSWER ANY QUESTIONS IN REGARD TO THESE SESSIONS.

*This issue has been produced by
Community Health Worker Kathleen Stokes*

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