

Sligo Traveller Support Group Ltd

NEWSLETTER, Issue 6, October 2009

STSG's Newsletter is a means of keeping the Travelling community in touch with the work of the Sligo Traveller Support Group

Hello everyone

This is the sixth issue of our newsletter. It is also the first from our new Office. We moved in over July and already feel very much at home. It has a great atmosphere and everyone is welcome to our place at 1a St Anne's, Cranmore Road, Sligo. Tel: 071 9145780.

STSG Manager Bernadette Maughan would like to thank the Sligo County Council for providing us with the premises and also all of our renovators who helped us to move in.

Kelley Mc Ginley, Community Health Worker and Editor for this issue.



Above: At the Hub of STSG is our Administrator, Valerie Somers

CHRISTMAS NEWSFLASH FROM SANTA

In the next issue of the Newsletter (due out 20 November) I'll be giving special advice about fun toys for your children that are also educational.



WATCH OUT FOR IT!!

**Ho! Ho! Ho!
From Santa**



DESIGN A LOGO - COMPETITION TIME

**Sligo Traveller Support Group (STSG)
needs a logo**

PRIZE (to value of €70) for the best design.

The competition is open to all age groups.

So what is a logo? – it is a unique image that represents an organisation.

What will our logo do? It will show something of how and what STSG does and be immediately recognisable and inspiring.

What does STSG do? STSG is about creating a unique opportunity for both Travellers and non-Travellers to work together to improve the quality of life for local Travellers.

We would like a design that will reflect our values of respecting indigenous Traveller culture and ways and our purpose of supporting personal and Traveller community empowerment.

Closing date 12th November, 2009

**Please send your entries to Valerie Somers,
Administrator, Sligo Traveller Support Group Ltd
1a St Anne's, Cranmore Road, Sligo.**



Above: The planning group for the Intercultural Day
 Back: L→R Kelley Mc Ginley, STSG Community Health Worker; Sinead Ward, Project Worker at The CRIB Youth Project & Health Café; Marie Corcoran-Tindill, STSG Bridging Programme Officer;
 Front: L→R – Trevor Sweetman, Youth Officer, Co. Sligo VEC; Diane Middleton, Community Sports Development Officer, Sligo Sport & Recreation Partnership, and Anne Donegan, Coordinator, Northside Community Development Project.

INTERCULTURAL DAY 17th October, 2009

STSG, linking with 5 of Sligo's Youth Clubs, is organising an Intercultural Day for both Traveller and settled children, aged 10 – 14 years, in Sligo.

This event welcomes Traveller and settled children to join in a range of 'taster' activities over the afternoon.

All children will have a chance to do Hip Hop dancing; team-building exercises; arts and crafts; soccer; and martial arts.

All children will be able to join in conversations with youth clubs about what they like and what they would like to get from youth clubs.

BACK TO EDUCATION INITIATIVE

The BTEI started on 21st September at Sligo Northside Centre. Sessions are Monday to Thursday, 10am–2pm.

The Programme covers all modules of Primary Health Care Fetac Level 3 Award and runs through to June 2010.

STSG Manager, Bernadette Maughan, thanks Sligo VEC for funding and supporting this programme.

Speech and Language Therapy

The STSG PHC team and Public Health Nurse Floraidh Dunn with Senior Speech & Language Therapist, Christina Tyacke, of the Early Intervention Service in Nazareth House are looking at ways to help Traveller families access Speech & Language services in a way that will be Traveller friendly and ensure that Travellers will understand what is available.



Above L→R Kathleen Stokes, Christina Tyacke, Kelley Mc Ginley, Rosie Maughan and Floraidh Dunn



PRE-SCHOOL & TOY BOX PROJECT

The Toy Box Project has started up again and is quite successful in the Sligo area. Eleven families avail of this service.

CHW Rosie Maughan advises parents to "enrol your child in pre-school this year. You can do this from September to December. This is important so that you can avail of free pre-school in 2010 - 2011".

You can now also enrol your child in pre-school for 2010. If you would like support or more information, contact Rosie 071 9145780.

STSG representation on Committees

Sligo County Childcare Committee (SCCC): Rosie Maughan represents STSG on this Committee.

Community Based Youth Initiative meetings – Kelley Mc Ginley represents STSG at these meetings.

Regional Traveller Health Unit (RTHU) working group: Kathleen Stokes is STSG's representative at the RTHU.

HEALTH & FITNESS GYM

This Programme has started again this year. Contact Kelley at STSG on 071 9145780 if you are interested.

EDUCATION

The PHC team works to support Traveller education in Sligo. If you want information, contact us in STSG on 071 9145780. Gabrielle Mc Sharry who is the Visiting Teacher for Travellers in the Department of Education and Science, is also available for support.



To all you women out there young or old

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.



FREE CERVICAL CHECK

THE National Cervical Screening Programme is available to women aged 25-60. It is important that women get this done so.

- Women aged 25 to 44 will be offered a free smear test every three years
- Women aged 45 to 60 will be offered a free smear test every five years

Do you need to know more? Why not call to our office and Community Health Worker Kathleen Stokes will be glad to help you.

It is very important to know this service is free.

It is said that word of mouth is good so why not pass this on to all women?

KEEP YOUR HEALTH APPOINTMENTS PROTECT YOUR CHILDREN AND FAMILY

CHW Kathleen Stokes reminds everyone that if you have any difficulty in keeping your health appointments, please contact her for support at 071 9145780.

RELATIONSHIP CHECKLIST

How is your relationship?

Does your partner -

- Humiliate you with verbal abuse?
- Control what you do?
- Stop you from talking to friends or family?
- Make you account for money you spend?
- Prevent you from getting a job?
- Abuse you in front of your children?
- Act like the abuse is no big deal, blame you?
- Intimidate you with guns, knives or any weapons?
- Shove, slap or hit you or your children?
- Insist you do things you are not comfortable with (intimate and otherwise)?
- Unfairly accuse you of being unfaithful (jealousy)?
- Threaten to commit suicide or threaten to kill you if you leave?

If you ticked even one of the above, you could be in an abusive relationship

**For free and confidential help
Mon. – Fri. 10.00 – 5.00**

**DVAS - Sligo, Leitrim, West Cavan -
Telephone: 071 9141515**

Traveller Galya's –

The Birth Cohort Study

The All Ireland Traveller Health Study is continuing and this year is collecting information about the health of new babies.

If your baby was born since 14 October 2008 or will be born before 14th October 2009 we encourage you to include your child in the Study. A Mother is asked to keep a record of her baby's health development and sickness for one year to her baby's first birthday.

Many of you are participating in the Study and you are making a difference for the future of your baby and Traveller children for generations to come by taking part. Contact the Public Health Nurse, Floraidh Dunn, at 071 9155100, or if you would like to know more, contact Kathleen Stokes at our office on 071 9145780.



Dental care

There is an emergency dentist in Markievicz house from 10am-2pm, Monday – Friday.

Did you know that your child is entitled to free dental care until they are 16years once they are on the waiting list from the dentist even if they are out of school?



European Union

European Regional Development Fund
Investing in your future

STSG IS WORKING ON PEACE III PROJECTS

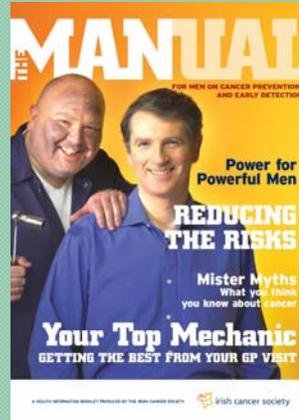
STSG is delivering a project based training programme that will work with a number of specific groups of Travellers in Sligo to facilitate participants to build awareness and capacity on issues of conflict, identity, historical experiences and legacies, interculturalism and inter-community dialogue.

The project will develop co-operative links, shared understandings and learning on these issues with counterpart groups in Northern Ireland and locally during the course of the programme.

- Peace-building urban area
- DVD cross-border women networking
- Youth art project (with Youthreach)

It is recognised that Travellers (along with other communities) have experienced a 'silence' in relation to the impact of the conflict in Northern Ireland. In general, Travellers have not been included within the processes of peace building and conflict transformation that have taken place to date. STSG Manager Bernadette Maughan said "STSG is delighted to have this opportunity to work with all our member groups on this Peace III funded Programme".

 **irish cancer society**
the national charity for cancer care



ATTENTION ALL TRAVELLER MEN!

IS IT TIME FOR YOUR NCT - YOUR ANNUAL HEALTH CHECK?

Contact your GP to make an appointment.

If you want to know more about

healthcare for men, we have copies of this "MANual for men.....". Contact the PHC team at STSG for a copy. Tel. 071 9145780

Peace III (RAPID) Youth Project

This is a year-long project that has 3 elements:

- boxing
- hip hop dancing, arts and crafts
- equestrian integrated activities

Through these activities Travellers and settled communities North and South of the Border will participate and develop peace-themed related performances and/or showpieces at a celebration at the year-end.

This is part of the RAPID Peace Urban Collective Project funded via Peace III. Community Health Worker Kelley Mc Ginley is working with STSG's Manager, Bernadette Maughan. If you would like to be included contact STSG at 071 9145780.

STOP SWINE FLU - COVER COUGHS & SNEEZES

CATCH IT



BIN IT



KILL IT



Thanks to Easkey Family Resource Centre and especially Pat Hegarty for providing support for publication of this and the last 2 issues of our Newsletter.



 **HAPPY HALLOWEEN**



Be careful! Don't get your fingers burnt!

And don't be tricked into using illegal fireworks.

Would you like to comment on our newsletter or include something in our next issue? **Contact:** The Primary Health Care Team at STSG, 1a St Anne's, Cranmore Road, Sligo. Telephone: 071 9145780 Email: stsg@eircom.net