

Sligo Traveller Support Group Ltd

CHRISTMAS NEWSLETTER ISSUE 7, December 2009

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

WELCOME TO ONE AND ALL!

This is our 7th issue in time for Christmas. All here at STSG would like to wish our readers a Merry Christmas and a Happy New Year.



Look inside for lots of tips to help make your Christmas a happy and safe time.

Kathleen, Kelley and Rosie, Primary Health care Team.



European Union
European Regional
Development Fund
Investing in your future

Peace III (RAPID) Youth Project

Contact Kelley (071 9145780) if you have children (from 6 years to 20) who are interested in the following

- boxing
- hip hop dancing
- arts and crafts
- hair and beauty
- Equestrian integrated activities.

If you want to belong to this year-long programme, there will be opportunities to participate with youth across Sligo County and from the North.

Lots of fun is promised!!



Remember our LOGO Competition from the last issue? We are waiting to hear from you and have extended our closing date to Wednesday, 20th January 2010. Entries to Valerie at STSG.

Design a Logo for STSG. Think you can do it? We know you can. So give it a try.

Gather the children around and make it a family challenge.

What is a logo? We want a picture or a symbol or an image that will represent your Traveller organisation - STSG.

Prize valued at €70.

ASK US ABOUT THE 'HEALTH PACKS'

Here at STSG the Primary Health Care Team have put together 'Health Packs'.

Lots of information in the pack to help you keep your family healthy.

Feel free to call in to our office and pick up a pack. We will also be updating it every few months.

Contact Kathleen at 071 9145780

EMPLOYMENT for TRAVELLER WOMEN AND MEN

- Are you looking for work?
- Are you thinking about setting up your own business?
- Do you need some training towards employment?

If the answer is yes to any of these questions contact *Marie Corcoran-Tindill, Enterprise Development Worker, Special Initiative for Travellers, Sligo Leader Partnership at 071 9141138*



FUN AND EDUCATIONAL TOYS FOR CHRISTMAS

Age: under 6 months

- Toys for your baby to look at, listen to, and feel
- Toys for your baby to kick, push, throw, knock down
- Toys for your baby to reach and touch, feel and grasp
- Toys for your baby to explore and feel with her/his mouth.

Age: under 6 months

- Mobile
- Rattle
- Floppy animals
- Pram beads
- Soft blocks
- Soft ball
- Squeaky toys
- Musical toys



The Primary Health Care Team would like to thank **Christina Tyacke, Senior Speech & Language Therapist**, for all the information on educational toys.



Age: 6-12 months

- plastic ball
- soft blocks
- large coloured balls
- rubber hammer
- building blocks
- pull truck
- tambourine
- musical shaker
- Toys on wheels.



Age: 6 – 12 months

- Toys for your baby to finger and handle and let go. These toys allow your baby to pull, drop, throw, put in and empty out.
- Toys for your baby while sitting and crawling.
- Toys for your baby to use eyes, ears, hands and fingers together.
- Toys to teach your baby that by doing one thing, something else will happen
- Toys for the bath.

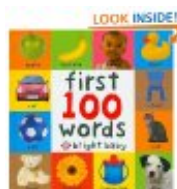
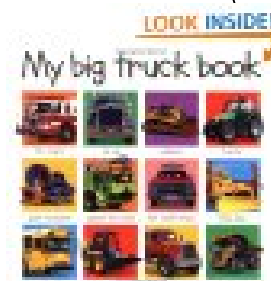
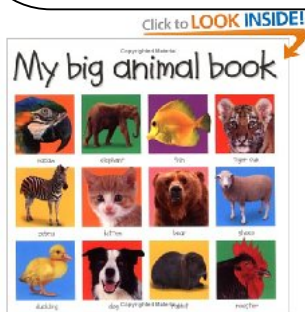
Age: 1 – 3 years

- toys to help your child to balance, walk and jump, to climb and swing, to steer, ride, pedal, rock
- toys to use with hands, fingers and eyes to stack and build, to fit things together, to thread
- toys to sort and match for shape, size, colour
- toys to help watching, listening and talking
- toys to help your child pretend.



Books for under 3 years

- ABC Alphabet books
- Naming books, eg farm animals, household things
- Picture books of nursery rhymes
- Books that can be read over and over again
- Books with clear pictures
- Books with the same characters throughout.
- Picture story books
- Books with lift up flaps to look under, or with holes to look through; different textures to feel; or smell.



Childcare / Pre-school



Are you thinking about sending your child to pre-school? Then we have got news for you. If your child is 3½ - 4½ years old they are

eligible for the free 2010 Pre-school Year. Call into the office and we will do our best to help you.

You will see big changes in your children when they attend preschool. Don't delay; put your children's names down. Contact Rosie at STSG.



Remembering your older people

Christmas is a time for caring for one another.

Why not take the time to visit the old people that live near you. Ten minutes is all it will take. A friendly face at Christmas is better than any present.

Go on! – Be a good neighbour this Christmas.



Successfully learning and fun day had by all at the **INTERCULTURAL DAY**

The Intercultural Day was held on **17th October, 2009** in the Institute of Technology Multi Purpose Hall organised by Kelley Mc Ginley in STSG with support from Sligo Youth Clubs.

Thanks to all the Clubs who participated and the volunteers who made it a very worthwhile event.

About fifty children attended of whom about 30 were Traveller children. Six activities took place (martial arts, hip hop, soccer, arts & crafts, team-building). Each activity had a qualified tutor and each group was led by two volunteers.

All the children also participated in a focus group conversation to find out what their favourite activities were and why they liked being a member of a youth club or would like to be in a youth club.

The most popular activities were hip-hop dancing and soccer. Children learned a lot about youth club activities and we hope that they will now be encouraged to join youth clubs.

The planning was made easier by Anne Donegan (Northside CDP), Trevor Sweetman (VEC Youth Officer) and Sinead Ward (The Crib) who formed part of our organising committee. We would, however, like to single out the **Community Sports Development Officer of the Sligo Sport & Recreation Partnership, Diane Middleton** as she was the driving force along with Kelley Mc Ginley in making this event happen and run very smoothly

Thank you Diane!

Kelley Mc Ginley,
Community Health Worker
(with responsibility for youth).



Above photo: Diane Middleton, Sligo Sport & Recreation Partnership

*** STOP SWINE FLU ***

Children from 6 months to 5 years of age can now be vaccinated by your GP free of charge.

Parents, it is very important to teach your children to
SNEEZE INTO A TISSUE →



← BIN THE TISSUE



And

WASH YOUR HANDS →



Look out for another INTERCULTURAL DAY we are planning for the 5 – 9 year olds.

Rosie at STSG will keep you informed.

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.

Have a happy and peaceful Christmas from all here at STSG CHRISTMAS TIPS

COOKING



- Cook the turkey until juices run clear.
- Cook lamb until it is dark brown and not pink in the middle.
- Always cook any frozen food at a temperature of 180 to 185 celcius.
- For the cooks: then you can enjoy your meal with a glass of wine



And get the husband to do the washing up

NO Man has EVER been KILLED for Doing the Dishes.



Christmas candles

- Never leave candles near your small children.
- Never leave the room with a candle burning.
- Never go to sleep and leave a candle burning.



Christmas trees

Never leave your Christmas tree plugged in at night and never overload sockets.

Drinking and Driving.....

- Everyone likes a drink at Christmas so when going out leave the car keys at home (not the house keys!!).
- Get a taxi or call a friend who is not drinking to pick you up.
- Only a fool would drink and drive so don't be that fool this Christmas.



"Don't say a word"



STSG and DVAS brought this one-women play presented by Patricia Byrne of 'Sole Purpose' Productions to Sligo town and Carrick-on-Shannon.

There was a great turn-out on both days. 72 people

(Travellers and non-Travellers) attended the Sligo performance in Sligo, and 30 people attended the Carrick-on-Shannon performance.

The play is a tool to make women more aware of what domestic violence is. It really lets women know about the types of abuse that can happen like humiliation, emotional, being watched, loss of freedom, isolation from family and friends

The play was followed by questions to a panel consisting of Patricia Byrne, Niamh Wilson of DVAS and Kathleen Stokes of STSG.

Women learned that to support a woman in a possible domestic violence situation they must let the woman know they are there for her, listen and never make the decision for her. They can tell her about the help available from DVAS and STSG and that when she is ready they can support her to get help.

Reminder:

25th November is *International Day against Violence against Women.*

Meet at 11.00am at City Hall for a short remembrance ceremony and solidarity action.

Contact DVAS on 071 914515



STSG would like to thank Marie Corcoran-Tindill for help with the Newsletter and we wish her a happy Christmas and good luck with her new work.

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