

Sligo Traveller Support Group Ltd

NEWSLETTER, Issue 8, February 2010

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

HELLO AND WELCOME TO OUR 8TH ISSUE OF THE NEWSLETTER HERE IN STSG. WE WOULD LIKE TO WISH EVERYONE A HAPPY NEW YEAR AND HOPE YEE ALL HAD A WONDERFUL CHRISTMAS. IN THIS NEWSLETTER YOU WILL BE INFORMED OF UP AND COMING EVENTS FOR THE YEAR 2010. Rosie Maughan, Community Health Worker (CHW) and Editor for this issue.

Peer Education and Well-being Programme

Kelley McGinley and Rosie Maughan have both finished a 12-week course on women's health and well-being. The course is Level 6 Fetac accredited and an initiative of the HSE and Sligo Leader Partnership Company. It was co-ordinated and overseen by Marie O'Grady, HSE Women's Health Officer. There were inputs from a variety of health professionals and Barbara Corky provided training in facilitation skills and group work skills.

The topics covered were Literacy Awareness, Positive Mental Health, Happy Health Hearts, Menopause, Disability awareness, bladder management and cancer awareness. We also learned how to provide training in these topics to local communities.

There was altogether a total of 11 women who took part on this course and we made some good links for our work as well as some very good friends.

We plan to deliver factual and evidence based information to community groups in the near future based on our learning. We will let you know the dates later on.

STSG CHRISTMAS PARTY

STSG had a Christmas party at the Sligo Southern Hotel on 12th December. Members of our Management Committee were there, along with the PHC team and the tutors from the BTEI Programme. There was also the great Marie Corcoran Tindill. We would like to thank everyone for coming and making it a wonderful night.



←L-R CHWs Rosie, Kathleen and Kelley.

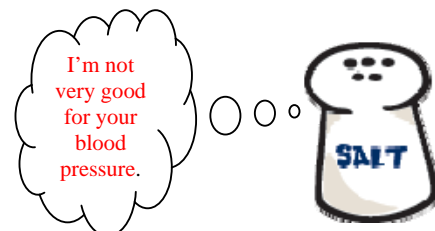


↑L-R Bridie McGinley, Brid Boland.
←L-R Nancy, Diana, Lisa, Una, and Lorraine



Health check coming to BTEI (Back to Education Initiative)

The Community Health Workers along with the Public Health Nurse are arranging for health checks to come to the **BTEI** Programme early in February. The checks will include blood pressure, weight checks and good nutrition



Youth 2010

Kelley McGinley has the lead on youth. Through Peace III Funding, she will be organising Hair and Beauty, Horse Riding And Hip hop classes for all ages. She is also arranging a lot of activities in relation to Arts and Crafts.

If you are interested in any of these activities, please contact Kelley on 071-9145780



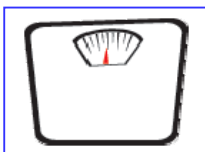
European Union

European Regional
Development Fund
Investing in your future

Health 2010

Here at STSG we also have a breast check DVD that has been Traveller proofed and suitable for viewing. You can get a copy of this DVD at STSG for free so call in now and ask the Primary Health Team for it.

We are also working on a mental health DVD. We hope this will be finished by the end of March.



Childcare 2010

Rosie Maughan has the lead on childcare and would like to inform everyone that the toybox project has started again.

Just a reminder to you all also that the free pre-school year has started. So if you have a child who is between the ages of 3 yrs 6 mths - 4yrs and 6 mths they are entitled to the free pre-school year.

If you have not yet enrolled your child in pre-school you can contact me and I will do my best to accommodate your needs

Please contact Rosie Maughan on 071-9145780

We enjoy
pre-school
very much



Integration Day for Children

STSG organised an Integration Day on 8th December 2009 at St Anne's Avalon Centre.

We had youngsters from Globe House and Cranmore and we had Traveller children from the county. The day included face painting, Arts and Crafts and an obstacle course.

We would like to thank the volunteers from Globe House and the Traveller community for their work on the day.

The day was seen as a great success by all.

Thanks to the Community Foundation for Ireland for funding of this event.



Hand over of toys to Sligo General Hospital

STSG had a hand-over of culturally appropriate toys to Sligo General Hospital for the Paediatrics Ward on 10th December. The toys included dolls, jigsaws, horses, horse lorries and a large range of other educational toys.

This was with the help of Kathleen Stokes and Bernadette Maughan who obtained the funding for this.



Outbreak of Measles

There has been an outbreak of measles in Sligo Town. Any parents who have not had their children given the MMR vaccine are advised to check for symptoms. These include cold-like symptoms (cough, runny nose, watery eyes etc.), red spots in the mouth, and a skin rash.

EDUCATION

STSG would like to say congrats to all those who are doing a Junior Cert this year. We would like to offer our support in helping you achieve higher grades.

If you need support with homework or need to use a computer we can offer that help here.

We also work closely with the Visiting Teacher for Travellers, Gabrielle McSharry.

We would again like to say well done and remember your Education doesn't have to stop there.



Belfast Trips

On 9th December a group from the Back To Education Initiative went on a trip to Shankill Women's Centre to meet a women's group from the Protestant tradition, and to take an educational tour of the area.

We had lunch at the Shankill Centre, and the Co-ordinator there, Roberta Gray, kindly took us all around the area. She explained the background to the murals painted on the walls and houses, promoting the Unionist and Loyalist perspectives.

Roberta is from the Shankill area, so she knew personally all the people who had died in the conflict and their families. We visited the Memorial Garden too. She explained that the murals change as times change. One mural, she pointed out to us, had been changed from paramilitary style to one that represents children, thus covering over the public portrayal, or some would say, the promotion of- violence.

Many stories were very moving and deeply affected us.

We have photographs and will include some in the next newsletter dedicated to the ongoing work in the other Peace Programmes at STSG. I look forward to being in contact then.

Brid Boland

Students on placement

STSG has two students on work experience placement from the Sligo IT.

Louise Mallon is in her second year Social Studies and is here 5 days a week for 13 weeks working alongside the Primary Health Care team. Louise is interested in health promotion area and in ensuring that services are relevant to Traveller culture.

Caroline Milne is in her third year Social Studies and will be working here 2 days a week for 13 weeks also. She has a special interest in children and family support services.

Family visits

The Primary Health Care team is doing family visits every Wednesday with the Travelling Community around the county.

Each visit will last about half an hour and we just want to let you know that we are trying to promote better health for you and your family without invading your privacy.

If you would like a visit from us, please contact us.

Prayer to St. Philomena

O illustrious Saint Philomena,
who so courageously shed
your blood for Christ,
I bless the Lord for all the
Graces He has bestowed
upon thee during thy life,
and especially at thy death;

I praise and glorify Him
for the honour and power
with which he has
crowned thee,

And I beg thee to obtain
for me from God the graces
I ask through thy intercession.
Amen.



B.T.E.I. PROGRAMME

(Back To Education Initiative)

In September last year a B.T.E.I. programme commenced. The course will run until the end of June 2010. Participants are covering nine modules which are all FETAC Accredited.

These are Communications, Mathematics, Personal Effectiveness, Health 'A', Health 'B', Computer Literacy, Self Advocacy, Living in a Diverse Society and Community Development.

There are two groups on this particular programme; they come in for two days a week. When the students have completed the course they will have achieved a FETAC Major level 3 Award.

We have different people coming in from the Health Board giving talks on Nutrition, Obesity and also different Cancers which unfortunately are on the increase in Ireland.

The course is running extremely well.
It's not just about learning,
It's having fun whilst
Learning.

Sue Hegarty
Tutor for the BTEI



Pray for the Sick

We would appreciate if you could say St. Philomena's prayer, or any other one, for members of the Travelling Community who are not well at the moment.

